

# Enjoy!

## FALL/WINTER GUIDE 2015



## City of Mukilteo Recreation Department

### **New!**

**Kindermusik – Pg 12**

**Table Tennis Tournament – Pg 9**

**Senior Trips – Pg 29**

# Volunteer Programs



Volunteers are vital to the success of our community. Ongoing or one time opportunities with the City of Mukilteo can accommodate individuals, families, groups, businesses and people of all ages and abilities. Learn more below and decide how you would like to volunteer with us.

## We believe

- Our community is strengthened by individuals who act on their commitment to help others,
- Volunteering improves citizens' accessibility to government,
- Service is an effective strategy for solving problems,
- Opportunities for all, young to elderly, fosters a sense of community where everyone is valued and welcomed.

If you know which volunteer opportunity best fits you and you are ready to make the commitment, please complete the online volunteer application. For more information please call Rosehill Community Center 425.263.8180.

## Volunteer Opportunities

### Special Events:

Boo Bash, Touch-A-Truck, Table Tennis Tournament, Run-A-Muk Park/Trail Maintenance, etc....

Other opportunities at Rosehill Community Center or City Hall

**Inquire about volunteering today!**

## New Scholarship Program

The City of Mukilteo Recreation & Cultural Services Department strives to make recreation opportunities available to Mukilteo residents regardless of income. To that end, the department is developing a program for Mukilteo residents where local businesses, community service organizations, corporations, and individuals contribute to fund the scholarship program.

If you would like to make a commitment to support the new scholarship program please call Rosehill Community Center 425.263.8180. Our first year is to raise \$5,000! Your generosity will make a difference in our community by allowing someone to participate in a program that might not otherwise be able to.

### Scholarship Overview

Applicant must live in the City of Mukilteo. All ages are eligible for recreation scholarships and each family member is eligible for one scholarship per quarter.

Scholarships are available for selected Mukilteo recreation program activities. (Rentals, personal trainings, party packages are not eligible for scholarships.)

Qualified applicants receive up to a 50% reduction on a single program. The difference is due at the time of registration. Maximum scholarship amount is \$100 per quarter.

Based on available funds, applicants will be funded on a first-come basis. Scholarships are limited to one class per quarter per person.

Applications are available at the Rosehill Community Center or download an application at <http://www.ci.mukilteo.wa.us>.

### Eligibility

To apply complete a scholarship application, provide proof of Mukilteo residency and one of the following below:

- Current/Prior year W-2, 1040 tax form
- TANF or Food Assistance paperwork
- Recent pay stubs (2 months)
- DSHS paperwork
- Foster Child Paperwork
- Free & Reduced Lunch eligibility letter

Income verification paperwork will not be kept on file and all information is confidential.

ENJOY MUKILTEO, SPRING/SUMMER 2015

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## Connect with Mukilteo Rec!

Check us out on all our social media sites to get up-to-date information about programs, events in Mukilteo and much, much more!

**LIKE us on Facebook:** [facebook.com/mukilteorec](http://facebook.com/mukilteorec)

**Follow us on Twitter:** @Mukilteorec #Rosehill

**Pin us on Pinterest:** [pinterest.com/mukilteorec](http://pinterest.com/mukilteorec)

**Check in on Foursquare**



## How to read class listings

Age	Day	Location	Min/Max
Class Code	Time	Dates	Fee
Class Code	Time	Dates	Fee

*\*Special Class Information*

# REGISTRATION

## Class Registration, Transfer, Withdrawal, Cancellation & Refund Policies

**Registration begins Friday, August 14, 6:30am**

### REGISTRATION POLICY

- Classes/activities sizes are limited and are filled on a first come, first served basis.
- Classes/activities may be cancelled due to insufficient registration or inclement weather or combined to attain sufficient enrollment.
- A service fee of \$25 will be imposed for all returned checks.
- Complete payment MUST accompany registration.

### CANCELLATION / TRANSFER / REFUND POLICY

- A full refund will be given if the Mukilteo Recreation Division cancels a class.
- Refunds will not be given for classes or programs for amounts less than \$10.00 unless the City cancels the class.
- A full refund/credit, less the \$10.00 withdrawal fee, will be refunded if a participant requests a refund a minimum of five (5) business days before a class is scheduled to begin, unless otherwise noted in the Recreation Guide. The \$10.00 withdrawal fee is assessed per registrant per class/activity.
- Transfers must be requested five (5) business days prior to the start of the class.
- No refunds or credits for a class withdrawal requested less than five (5) business days prior to the start of the class.



**Register here  
for Youth Classes**

**<http://www.active.com/kids>**



**Registration Information PHONE 425.263.8180**

# 4 Easy Ways to Register for Classes



## Online

Browse the list of classes and register from the comfort of your home or office. Register for recreation activities 24 hours a day, 7 days a week via the internet. [www.mukilteorec.com](http://www.mukilteorec.com). All online registrations are subject to a convenience fee. This fee is collected to offset the costs of providing the service.



## Mail-In

Will be processed beginning August 14. Mail registration form to: City of Mukilteo, Recreation and Cultural Arts Division, 304 Lincoln Avenue, Mukilteo, WA, 98275.



## Phone-In

Call 425.263.8180, Monday-Friday, 6:30am–9:00pm; Saturday 8:00am–9:00pm; Sunday 9:00am–4:00pm using VISA, MasterCard, American Express.



## Walk-in

Beginning August 14 at Rosehill Community Center, 304 Lincoln Avenue, Monday-Friday 6:30am–9:00pm; Saturday 8:00am–9:00pm; Sunday 9:00am–4:00pm using VISA, MasterCard, American Express, check or cash.  
FAX: 425.353.2457

## INCLEMENT WEATHER POLICY

In the interest of our customers' and employees' safety, the Mukilteo Recreation Department follows the Mukilteo School District's recommendations regarding closures of schools due to inclement weather.

If the Mukilteo School District has cancelled school due to inclement weather, all programs with a start time prior to 3:00 pm will be cancelled. For information on programs with a start time after 3:00pm on days when the Mukilteo School District cancels classes, please call the Rosehill Community Center at 425.263.8180 after 2:00 pm to find out if these classes will be held or not. If school has been delayed, we will cancel classes with a start time during the delay. All classes with a scheduled start time after the delay will run as scheduled. Updates will also be announced on the Mukilteo Recreation Department's Facebook and Twitter accounts. Make-up classes, when feasible, will be arranged within the session. Please note that refunds will not be given.

## ADA Accommodations

The City of Mukilteo is committed to providing programs and services accessible to individuals with disabilities. Requests for special and reasonable accommodations will be considered on a case-by-case basis. Alternate formats are available upon request by contacting the Recreation and Cultural Services Director, Jennifer Berner at 425.263.8180.

## MISSION STATEMENT

The mission of the Mukilteo Recreation and Cultural Services Division is to provide and facilitate safe, quality leisure services, programs, and facilities while preserving and enhancing natural resources and stimulating the economic vitality of the community.

## DISCLAIMERS:

This brochure is for informational purposes only and is subject to change without prior notification. The classes and programs offered are designed to be useful and informative. We do not endorse any products or programs that are presented. It is the individual's responsibility to make informed decisions regarding these issues.

The Mukilteo School District has neither reviewed nor approved the program, personnel, activities, or organizations announced in this flyer. Permission to distribute this flyer should not be considered a recommendation or endorsement of the program by the school district.

# INFORMATION

## RECREATION/ROSEHILL CONTACT INFORMATION:

ROSEHILL COMMUNITY CENTER • 304 Lincoln Avenue, Mukilteo, WA 98275

### Office/Building Hours:

Monday-Thursday	6:30am-9:00pm
Friday*	6:30am-9:00pm*
Saturday*	8:00am-9:00pm*
Sunday**	9:00am-4:00pm**

\* Available for extended rental until Midnight      \*\*Available for rental until 10:00pm

Phone: 425.263.8180

E-mail: [recreation@ci.mukilteo.wa.us](mailto:recreation@ci.mukilteo.wa.us) • Web site: [www.ci.mukilteo.wa.us](http://www.ci.mukilteo.wa.us)

Online Registration: [www.mukilteorec.com](http://www.mukilteorec.com)

All online registrations are subject to a convenience fee. This fee is collected to offset the costs of providing the service.

## HOLIDAY OFFICE & FACILITY CLOSURES - 2015/2016

Monday, September 7, Labor Day – Closed

Saturday and Sunday, September 12 & 13 – Lighthouse Festival – Rosehill open for festival events only

Wednesday, November 11, Veterans' Day – Closed

Thursday & Friday, November 26-27, Thanksgiving – Closed

Monday, December 21-Thursday, December 24, hours of operation: 8:00am-6:00pm

Friday, December 25, Christmas Day – Closed

Monday, Tuesday, Wednesday – December 28, 29, 30 – hours of operation: 8:00am-6:00pm

Thursday, December 31 New Year's Eve - Closed

Friday, January 1, 2016 – Closed

Monday, January 18, 2016 – Martin Luther King Day – Closed

Monday, February 15, 2016 – Presidents' Day – Closed

Sunday, March 27, 2016 – Easter Sunday - Closed

## RECREATION STAFF

Jennifer Berner, Recreation and Cultural Services Director

Leif Ellsworth, Recreation Coordinator

Kristen Costello, Recreation Programmer

Front Office Technicians:

Dale Dahl, Faye Stevenson, Janet Mulvanny

Sarah Stitch, Facility Maintenance

Part-time Customer Service Staff:

Bryce Newman, Carleen Matson, Max Gabbert,

Annie Santorelli

## Rosehill Community Center Board

Peter Almgren

Melanie Banfield

Carolyn Carlson

Jane Crawford

Donald Saul

Anne Stienmetz

## City Council

Regular meetings are held on the 1st & 3rd Monday of each month at 7:00pm in the Council Chambers at City Hall, 11930 Cyrus Way, Mukilteo, WA.

Jennifer Gregerson, Mayor

Bob Champion

Christine Cook

Linda Grafer

Randy Lord, Council President

Steve Schmalz

Emily Vanderwielen

Ted Wheeler

## PARKS AND ARTS COMMISSION

Parks and Arts Commission Meetings are held the 1st Thursday of each month

at 7:00pm in the

Council Chambers at City Hall

11930 Cyrus Way, Mukilteo, WA

# FACILITIES

## Enjoy: Your Community Center

The Rosehill Community Center has a variety of open, public spaces that you can enjoy year round!



### The Rosehill Room

The Rosehill Room is one of the spaces in the Community Center that is open to the public. It features plush arm chairs in front of a fireplace, tables and chairs to use for gatherings, and benches for sitting. Rosehill Community Center offers free Wi-Fi for all patrons. While sitting, enjoy views of the historic lighthouse, Ferry and Whidbey Island. You can also take in some of Mukilteo's history by looking at photos of the original Rosehill School and the history of Mukilteo. This room is perfect for study groups, small meetings, friend gatherings, or just enjoying the fireplace.

### The Game Room

Rosehill Community Center is your place to play! The game room features a Ping-Pong table, foosball table, board games, and Xbox 360. Sit at the tables and challenge your friends or family to a round of Sorry, Yahtzee, or Candy Land. Hop on one of the oversized beanbag chairs and try to best your friends at FIFA Soccer, Tiger Woods Golf, or work together to solve the puzzles of Portal 2 on Xbox 360. Compete for bragging rights or just play a fun game of Ping-Pong or foosball. The Community Center has all the equipment. Just stop by the front desk to check out equipment.



### Sitting Areas

The Rosehill Community Center has multiple areas that you can use to sit and relax and enjoy the view. There are comfortable chairs and bistro style tables where you can use your laptop or read the latest copy of the Beacon or your favorite book.

### The Fitness Room

Get a great workout at our 1,058 square foot fitness room while looking out towards the Puget Sound. The fitness room features free weights, exercise balls, benches, TV, and mirrors. It has Precor circuit strength equipment and True cardio equipment. The cardio equipment includes two tread mills, two elliptical trainers, and an incumbent bike that have viewing screens on the equipment for T.V. programs or i-pod use. The strength equipment has three upper body and three lower body weight machines and a functional trainer. Located in the Rosehill Community Center, the Fitness Room is available for use all hours the Community Center is open to the public. Use is available to guests ages 13 and over on a drop-in basis or with a Fitness Pass. The Community Center also has shower facilities. Prices: \$5 Drop-in, \$70 Pass – Twenty visits, no expiration date. (The price is then \$3.50 per visit.)



## BOO BASH 2015

The 5th annual Boo Bash is the best way to spend Halloween in Mukilteo. Bring the entire family to Rosehill Community Center dressed in your best Halloween costume. Kids will have the opportunity to play games, do awesome arts and craft projects, walk through a haunted house and more. The Mukilteo Library and YMCA will be on hand running activities and telling spooky Halloween stories. Get



outside and trick-or-treat around local businesses in the Old Town area. Families will also be able to get their picture taken by a professional photographer. All activities are FREE! Bring a non-perishable food item(s) to donate to the Mukilteo Food Bank. All children will receive a reusable Boo Bash bag for trick-or-treating.

**Date:** Sunday, October 25

**Time:** 1:00pm-5:00pm

(open house event, come any time)

**Fee:** FREE! Bring a non-perishable food item(s) to donate to the Mukilteo Food Bank

**Location:** RHCC, All Rooms

**Event Notes:**

Parking is available in the upper and lower parking lot of RHCC as well as on the streets surrounding Rosehill.

### Boo Bash Blood Drive

Save a Life! Sign up to donate blood at the 2015 Boo Bash. The Puget

Sound Blood Center will be at the Boo Bash taking blood donations. They are in need of donors. Pre-register and receive a gift from the Mukilteo Recreation Department.

**Date:** Sunday, October 25

**Time:** 11:00am-5:00pm

**Register:** Call 425.263.8180 to sign up, pre-register and receive a gift.

**Location:** RHCC, Dance Rm

**Event Note:** Donors under the age of 18 must have a release signed by a parent/guardian. All donors subject to a health screening.



**NEW!!!**  
**Celebrate with our  
Birthday Party Packages!**  
**See page 32 for details!**



### Mukilteo Farmers' Market

Co-sponsored by Farmers' Market and City of Mukilteo Come and shop, taste, and browse through this market for incredibly delicious locally home-grown food.

**Day:** Wednesdays

**Date:** June 3-September 30

**Time:** 3:00pm-7:00pm

**Location:** Lighthouse Park, 609 Front Street

## Boeing Boeing

Presented by Curtain Call Theatre NW

It's the 1960s and swinging bachelor Bernard couldn't be happier: a flat in Paris and three gorgeous stewardesses all engaged to him without knowing about each other; but Bernard's perfect life gets bumpy when his friend, Robert, comes to stay and a new and speedier Boeing jet throws off all of his careful planning. Soon all three stewardesses are in town simultaneously, timid Robert is forgetting which lies to tell to whom and catastrophe looms. Come and join us for an evening full of laughs!



### Show Times:

Thursday, February 4, 7:30pm  
 Friday, February 5, 8:00pm  
 Saturday, February 6, 2:00pm and 8:00pm  
 Sunday, February 7, 2:00pm

**Location:** Rosehill Community Center  
 304 Lincoln Avenue, Mukilteo

### Tickets:

\$20 General Public  
 \$15 Seniors (55+)  
 \$17 Students (With ID), Children under 10, and Military (with ID)  
 \$15 groups of 10+  
 \$1.50 admin fee per ticket

### To Purchase:

Visit [www.cctbothell.org](http://www.cctbothell.org)  
 Tickets will be available at the door.  
 Festival style seating

**Information:** Call 206.473.0278 or visit [www.cctnw.org](http://www.cctnw.org)



## Table Tennis Tournament

**Date:** Saturday, January 23- Sunday, January 24

### Divisions

4700 Open (All ages/gender)  
 4702 Senior Men (55+)  
 4704 Senior Women (55+)  
 4705 Women's Doubles  
 4701 Men's Doubles  
 4703 Mixed Doubles

**Time:** 10:00am-4:00pm

**Code:** 4516

**Fee:** \$40

**Register:** Call 425.263.8180 to sign up or visit [www.mukilteorec.com](http://www.mukilteorec.com)

**Location:** RHCC, Point-Elliot Rm

**Event Note:** Practice time will open at 8:30am prior to the start of tournament. Sunday play will be dictated by number of sign-ups

## Art Exhibits at Rosehill

### Northwest Collage Society

Currently on exhibit at Rosehill  
 Exhibit ends September 20.  
 Come and enjoy a variety of collages done by the members of the NWCS.

### Secondary Schools' Art Exhibit

January 25-March 25  
 Artists' Reception – February 4  
 The annual exhibit of artwork from the students in the visual arts programs of the Mukilteo School District will take place at Rosehill Community Center from Monday, January 25, to Friday, March 25.

### Jeff Stewart – Oil Painting

**Exhibit Dates:**  
 September 28-December 20  
 Artist's Reception – Oct 9  
 Time: 7:00pm-8:00pm



# EVERYONE

## Piano Master Class

Learn from a world class pianist! This master class is designed for students to work with London recording artist Alexander Ardakov. Each student will have a 30-minute lesson with Mr. Ardakov while other students watch and listen. Mr. Ardakov performs and has recorded with the London Symphony Orchestra and teaches at a university in London.

**Instructor:** Alexander Ardakov

10yrs-80yrs	Saturday	Pt Elliott Rm Stage	Min 1/Max 4
4519	8:30am-11:30am	November 21	\$72



## Free! Alexander Ardakov Recital

*Sponsored by the City of Mukilteo*

The Rosehill Community Center welcomes back Russian pianist Alexander Ardakov in a solo recital performance to cap his weekend of concerts and a piano workshop in Mukilteo. Mr. Ardakov will feature piano compositions by Chopin, Rachmaninoff and Liszt. Born in Kuybyshev (now Samara), a Russian town in the Volag region, Alexander Ardakov is a graduate of the Moscow Conservatoire and prizewinner at the Viotti International Competition in Italy. He worked as a soloist and a chamber musician at the Moscow State Philharmonia and has performed extensively throughout the USSR and abroad.

**Date:** Monday, November 23

**Time:** Performance 7:00pm, Doors 6:30pm

**Location:** Pt Elliott Rm

## Free! Community Orchestra Concert

*Sponsored by the City of Mukilteo*

Please join the Mukilteo Community Orchestra for an afternoon concert. The first half of the November concert will feature Pelleas et Melisande Suite composed by Finnish composer, Jean Sibelius. This is a suite of nine works written in 1905 as incidental music for the Maurice Maeterlinck drama of the same name. The Suite has since become one of Sibelius' most popular orchestral works.

After intermission, the orchestra will perform, Piano Concerto in A Minor, Op. 16, composed by Edvard Grieg, featuring Alexander Ardakov. The Piano Concerto in A Minor is one of the most popular and most-performed Piano Concertos. We are fortunate and pleased to welcome Alexander Ardakov, of the Trinity College of Music, London, once again to the Rosehill stage for a special performance of this romantic and exciting work.

**Date:** Sunday, November 22

**Time:** 2:00pm

**Fee:** Free

**Location:** Rosehill Community Center

**Next Concert:** Sunday, March 6, 2:00pm

## Guided Family Hikes: Japanese Gulch

The Japanese Gulch is home to many miles of fantastic trails. We will guide you through this pristine forest while pointing out local flora and fauna. The hikes are free and family friendly. Please register at Rosehill Community Center, 425.263.8180.

**Code: Date :**

4721 September 19

4722 October 17

**Time:** 9am-11am

**Cost:** Free

**Location:** 76th Street Trailhead



## The Organizer on the Road Show

### FREE WORKSHOP!

Presenter Lauren Williams, Founder of Casual Uncluttering. Ms. Williams has an excellent sense of humor, and can get her audience to laugh AND start teaching them tips on decluttering their home.

Everyone will learn organizing techniques, gain access to various reliable and qualified contractors, and be offered specialized instructional materials she has compiled from numerous sources and her own experience of downsizing from a 4,600 sq. ft. house to a 1,1024 sq ft apartment.

**Date :** Tuesday, September 22

**Time:** 2:30pm-3:30pm

**Location:** Fowler Room

## Mukilteo Lighthouse Festival

**Date:** September 11,12,13

**Location:** Lighthouse Park

*Activities (See website for complete list)*

### Friday 3pm-Midnight

Juried Artists Booth	3pm-7pm
Food Vendors	3pm-10pm
Chamber Entertainment	Garden 5pm-Midnight
Fireworks Display	Dusk

### Saturday 10:30am-Midnight

Juried Artists Booths	11am-7pm
Food Vendors	11am-10pm
Chamber Entertainment	Garden 5pm-Midnight
Children's Activities	11am-7pm
Fireworks Display	Dusk

### Sunday 11:00am-5pm

Juried Artists Booths	11am-5pm
Food Vendors	11am-5pm
Bloody Mary Bar	11am-2pm
Children's Activities	11am-5pm
Fireworks Display	Dusk

*Shuttle Bus Hours (See Website for Location)*

**Friday** 2:30pm-Midnight

**Saturday** 10:30am-Midnight

**Sunday** 10:30am-5pm

[www.mukfest.com](http://www.mukfest.com)

## Holiday Art Mart



### Shop for the holidays in Mukilteo this year!

The Holiday Art Mart features juried artists and artisans from Washington. Handmade gift items made in Washington are a great idea for gift giving during this holiday season. Jewelry, clothing, home décor, pottery, hand blown glass, artwork, and much more for great prices! This event is presented by the Mukilteo Arts Guild and co-sponsored by the City of Mukilteo. Proceeds from the Holiday Art Mart go to the Mukilteo Arts Guild School District High School Scholarship Fund. [www.mukilteoarts.org](http://www.mukilteoarts.org). For more information contact Steve Schmalz at 425.423.0450.

**Date:** Saturday, November 7, 2015

**Time:** 10:00am-5:00pm

**Location:** Rosehill Community Center

## Holiday Tree Lighting

Spend an evening enjoying holiday music, crafts and cheer! Take photos with **Santa** and the **Grinch** and help them count down to the lighting of the City's holiday tree.

**Date:** Saturday, December 5

**Time:** 3:00pm-6:00pm;  
tree lighting at 5:45pm

**Location:** Rosehill Community Center



# PRESCHOOL

## Kindermusik

### Sing and Play

Get ready to sing, play, and move with your little one in this high-energy music class designed to be just right for very young children. This new Kindermusik curriculum focuses on your child's beginning movement, helping to build the muscles your young toddler needs to walk, run, and climb; and on vocal development, helping to nurture your child's speaking and singing voice. With a mix of both parent-child joint activities and child-focused activities, you'll be able to join right in on all the singing and dancing while also getting the chance to observe how your young toddler or baby learns on his or her own.

**Instructor:** Renee Farr

6mos-2yrs	Thursday	Frost Rm	Min 4/Max 10
4601	10:30am-11:15am	Sept 3-24	\$48*
4602	10:30am-11:15am	Oct 1-22	\$48*
4603	10:30am-11:15am	Oct 29-Nov 19	\$48*
4604	10:30am-11:15am	Dec 3-17	\$40*
4605	10:30am-11:15am	Jan 7-28	\$48*
4606	10:30am-11:15am	Feb 4-25	\$48*
4607	10:30am-11:15am	Mar 3-24	\$48*

\*Additional \$12 materials fee payable to the instructor first day of class which gives you a cd of music and digital home materials.

### Laugh & Learn

Each week in class we combine your preschooler's natural love of music, storytelling, and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth, and self-control. We also connect you with other parents who share in the wonder of parenting a preschooler. Parents join class for the final activities. The Kindermusik@Home digital home materials bring the music, activities, and each month's story everywhere you go. The repetition enhances the learning—and the fun!

**Instructor:** Renee Farr

3yrs-4yrs	Thursday	Frost Rm	Min 4/Max 10
4528	11:30am-12:15pm	Sept 3-24	\$48*
4529	11:30am-12:15pm	Oct 1-22	\$48*
4530	11:30am-12:15pm	Oct 29-Nov 19	\$48*
4531	11:30am-12:15pm	Dec 3-17	\$40*
4532	11:30am-12:15pm	Jan 7-28	\$48*
4533	11:30am-12:15pm	Feb 4-25	\$48*
4534	11:30am-12:15pm	Mar 3-24	\$48*

\*Additional \$12 materials fee payable to the instructor first day of class which gives you a cd of music and digital home materials.

### Wiggle & Grow

This music-filled class celebrates the unique joys of your growing child. Each week your child will love singing, dancing, and playing instruments with you and her new friends and you'll love helping her practice a wide variety of abilities such as gross and fine motor skills, turn-taking, social skills, and active listening. Plus, the fun (and learning!) continue with the Kindermusik@Home digital home materials, including music from class, musical activities, and each month's story. A new theme is presented each session

**Instructor:** Renee Farr

2yrs-3yrs	Thursday	Frost Rm	Min 4/Max 10
4521	9:30am-10:15am	Sept 3-24	\$48*
4522	9:30am-10:15am	Oct 1-22	\$48*
4523	9:30am-10:15am	Oct 29-Nov 19	\$48*
4524	9:30am-10:15am	Dec 3-17	\$40*
4525	9:30am-10:15am	Jan 7-28	\$48*
4526	9:30am-10:30am	Feb 4-25	\$48*
4527	9:30am-10:30am	Mar 3-24	\$48*

\*Additional \$12 materials fee payable to the instructor first day of class



## DANCE

### New! Lil Hip Hop

This 45-minute introductory class will have your little one movin' and groovin' to their favorite songs on the radio (Music is age appropriate). The class works with large motor skills and teaches the kids to listen to the rhythm and combine skills together. Sneakers required.

**Instructor:** Dance Elite and Music

6yrs-8yrs	Saturday	Dance Rm	Min 3/Max 10
4687	11:30am-12:15pm	Sept 19-Oct 24	\$80
4688	11:30am-12:15pm	Oct 31-Dec 5	\$80
4689	11:30am-12:15pm	Jan 9-Feb 13	\$80
4690	11:30am-12:15pm	Feb 20-Mar 26	\$80





## Twinkle Babies Dance/Tiny Two's

A thirty minute introductory dance class containing ballet, tap and creative movement. Young dancers will learn the basic steps while learning how to follow directions and imitate movement in a positive environment. Engaging music is used to get these little guys inspired to dance. The use of props such as Twinkle bears, ribbons and tutus, enable the young dancers to use their imagination, creativity and most of all have fun! Ballet and tap shoes required.

**Instructor:** Dance Elite and Music

3yrs-5yrs	Saturday	Dance Rm	Min 3/Max 10
4612	9:45am-10:15am	Sept 19-Oct 24	\$80
4613	9:45am-10:15am	Oct 31-Dec 5	\$80
4668	9:45am-10:15am	Jan 9-Feb13	\$80
4691	9:45am-10:15am	Feb 20-Mar 26	\$80

## Twinkle Stars Dance/ Creative Dance

An age-specific 45-minute class containing ballet, tap and jazz/creative movement. The purpose of the class is to introduce young dancers to the three styles of dance and inspire movement and creativity within a positive environment. Dancers will also learn basic steps and terminology in all three styles. for example, all dancers will learn what a "plié" is and how to demonstrate one. The use of fun, age appropriate music engages the young dancers' minds and bodies. the use of props such as ribbons for the "free dance" makes the end of the class the most fun! Ballet shoes and tap shoes required.

**Instructor:** Dance Elite and Music

3yrs-5yrs	Saturday	Dance Rm	Min 3/Max 10
4608	10:30am-11:15am	Sept 19-Oct 24	\$80
4609	10:30am-11:15am	Oct 31-Dec 5	\$80
4610	10:30am-11:15am	Jan 9-Feb13	\$80
4611	10:30am-11:15am	Feb 20-Mar 26	\$80



## Family Yoga

Would you love to share the experience of creating a strong, flexible body and a peaceful mind with your child? Spend your Friday mornings enjoying a playful yoga class which will keep the little ones busy while giving you a well-deserved workout in a supportive environment. Wear comfortable clothing; bring a yoga mat and water.

Min 4 pairs/Max10 pairs

**Instructor:** Carly Hayden

2yrs-6yrs+Caregiver	Friday	Dance Rm
4535	9:30-10:15am	Sept 4-25
4536	9:30-10:15am	Oct 2-Oct 23*
4537	9:30-10:15am	Oct 30-Nov 20
4538	9:30-10:15am	Dec 4-Dec 18
4539	9:30-10:15am	Jan 8-Jan 29
4540	9:30-10:15am	Feb 5-Feb 26*
4541	9:30-10:15am	Mar 4-Mar 25

\*October 23, February 5 in Christiansen Room

**Fee:** \$60/month for child and caregiver  
 \$20/month additional child or caregiver  
 \$20 drop-in per pair  
 \$30 drop-in per caregiver+2 children

**Fee for December 2015:**

\$45/month for child and caregiver  
 \$15/month for additional child  
 \$15 drop-in per pair  
 \$22.25 drop-in per 2 children+caregiver

## Karate: Personal Safety and Protection

Kids are taught focus, respect, humility and confidence in a FUN and EXCITING environment that provides POSITIVE feedback for their efforts.

Kempo Kids learn listening skills that help them to become better students in school, all while developing confidence and a positive attitude for life.

Start-up fee paid to instructor: \$55 (includes uniform t-shirt, student handbook), Universal Kempo Karate Association membership, school patch, decal and first belt rank test—white belt.) No proration allowed.

**Instructor:** Don and Cheri Wright

## Tigers

4yrs-6yrs	Tue/Thurs	Fowler Rm.	Min 5/Max 30
4443	5:45pm-6:30pm	Sept 1-29	\$50
4446	5:45pm-6:30pm	Oct 1-29	\$50
4449	5:45pm-6:30pm	Nov 3-24	\$50
4452	5:45pm-6:30pm	Dec 1-17	\$50
4455	5:45pm-6:30pm	Jan 5-28	\$50
4458	5:45pm-6:30pm	Feb 2-25	\$50
4461	5:45pm-6:30pm	Mar 1-31	\$50

# YOUTH

## Karate: Personal Safety and Protection

Kids are taught focus, respect, humility and confidence in a FUN and EXCITING environment that provides POSITIVE feedback for their efforts. This award winning program disguises personal protection tools in fun activities that promote learning. Kempo Kids learn listening skills that help them to become better students in school, all while developing confidence and a positive attitude for life.

Start-up fee paid to instructor: \$55 (includes uniform t-shirt, student handbook, Universal Kempo Karate Association membership, school patch, decal and first belt rank test—white belt.) No proration allowed.

**Instructor:** Don and Cheri Wright



## Dragons

7-11yrs	Tues/Thurs	Fowler Rm	Min 5/Max 30
4444	6:30pm-7:15pm	Sept 1-29	\$50
4447	6:30pm-7:15pm	Oct 1-29	\$50
4450	6:30pm-7:15pm	Nov 3-24	\$50
4453	6:30pm-7:15pm	Dec 1-17	\$50
4456	6:30pm-7:15pm	Jan 5-28	\$50
4459	6:30pm-7:15pm	Feb 2-25	\$50
4462	6:30pm-7:15pm	Mar 1-31	\$50

## Give the Gift of Recreation!

This holiday season give a gift that is unique and that your friends and family will truly enjoy. With classes to fit anyone's interest and a state-of-the-art fitness center, you can find the perfect gift! Classes include art, dance, fitness, enrichment, sports, theater and more. Purchase a twenty (20) visit pass to the fitness room and let your family members/friend get in shape for the New Year. For information on classes or to purchase a gift certificate, call 425.263.8180.

### Prices for Fitness Room:

- \$5 Drop-in
- \$70 Pass for 20 visits, no expiration date.



## ENRICHMENT

### Drama Fun

Learn and explore the many facets of drama through theater games, improvisation, monologues, voice, creative movement. A small performance will be held for the family and friends on the last of class.

**Instructor:** Kelly McClain

7yrs-12yrs	Thursday	Frost Rm	Min 4/Max 10
4574	6:00pm-7:15pm	Sept 10-Oct 15	\$65
4575	6:00pm-7:15pm	Nov 5-Dec17	\$65

•No class on 11/26

4576	6:00pm-7:15pm	Jan 28-March 3	\$65
4577	6:00pm-7:15pm	March 10-April 14	\$65

\*6 year olds will be permitted with instructor permission

### New! Drama Fun for Little Ones

This class will introduce young ones to the exciting world of make believe through drama games, voice projection and enunciation, monologues, creative movement . A small performance will be held for the family and friends on the last of class.

**Instructor:** Kelly McClain

5yrs-6yrs	Thursday	Frost Rm	Min 4/Max 10
4616	5:00pm-5:45pm	Sept 10-Oct 15	\$55
4617	5:00pm-5:45pm	Nov 5-Dec17	\$55

•No class on 11/26

4618	5:00pm-5:45pm	Jan 28-March 3	\$55
4619	5:00pm-5:45pm	March 10-March 14	\$55

\*4 year olds will be permitted with instructor permission

### The Art Express for the Art Workshop

The Art Express is where artmaking happens! The Art Express lays a broad-based foundation on which young artists can build their creative ideas and expressions. Students are introduced to a variety of art media and basic art concepts, processes and skills. Drawing, painting, printmaking and constructing in 3D all combine to heighten children's imagination and sensory awareness.

**Instructor:** Christine Schmalz

5yrs-11yrs	Sat	Art Rm	Min 8/Max 20
4714	10:00am-11:30am	Sept 19-Oct 24	\$117
4715	10:00am-11:30am	Jan 23 -Feb 27	\$117

5yrs-11yrs	Wed	Art Rm	Min 8/Max 20
4717	6:00pm-7:30pm	Sept 23-Oct 28	\$117
4716	6:00pm-7:30pm	Jan 20 -Feb 24	\$117

# TEEN

## Karate

### Older Youth & Adult Personal Safety and Protection

Kempo Karate is an excellent form of stress management and works on your overall physical conditioning. This unique blend of Chinese Shaolin traditions with street-proven innovative teaching methods brings a unique balance to today's hectic and demanding lifestyles. The teen and adult Kempo program combines martial arts hand-to-hand training with weapon techniques ranging from staff to ARNIS (Filipino Stick Fighting). Our award-winning, scenario-based self-defense provides you with the most complete training available. This combination will enhance your reaction time to any threatening situation, even against multiple attackers. After training in Kempo, most people are able to see the issues developing long before they turn ugly and are able to know when to leave. The Universal Kempo-Karate system uses real life techniques and focuses on threat assessment, situational/observational psychology, overcoming extreme stress, anatomical targets and effects on the human body. Start-up fee to instructor: \$55 includes Universal Kempo-Karate Association membership, uniform, t-shirt, school patch & decal, student handbook, and first belt test (white belt). No proration allowed.

**Instructors:** Don and Cheri Wright

12yrs-Adults	Tues/Thurs	Fowler Rm	Min 5/Max 40
4445	7:15pm-8:15pm	Sept 1-29	\$50
4448	7:15pm-8:15pm	Oct 1-29	\$50
4451	7:15pm-8:15pm	Nov 3-24	\$50
4454	7:15pm-8:15pm	Dec 1-17	\$50
4457	7:15pm-8:15pm	Jan 5-28	\$50
4460	7:15pm-8:15pm	Feb 2-25	\$50
4463	7:15pm-8:15pm	Mar 1-31	\$50

#### AVOID DISAPPOINTMENT!

All programs must meet a minimum enrollment requirement in order to be held.

Classes will be cancelled 5 business days in advance, if they do not reach the minimum enrollment.

Please register on time to be certain you get the class you want.

425.263.8180 or [www.activenet.active.com/cityofmukilteorec](http://www.activenet.active.com/cityofmukilteorec)

## Rosehill Game Room



Do you like to play XBOX 360 but don't own one? Do you want to play FIFA Soccer ©, Tiger Woods golf ©, and other popular XBOX titles? Come to the Game Room at the Rosehill Community Center. We have an XBOX set up on a 9 foot high definition projection screen. Relax in oversized bean bag chairs and challenge your friends for the ultimate bragging rights!

The XBOX is open for anyone over the age of 13 to play with a photo ID. Bring your photo ID to the front desk at RHCC and check out your controller. XBOX playing times are 2:00-5:00pm Monday-Friday and 11:00am-2:00pm Saturdays.

The Game Room at RHCC also offers ping-pong and foosball. You can check out equipment at the front desk.\*

\*Rosehill Community Center requires all children under the age of 13 to be supervised by an adult. Valid forms of ID include: Drivers License or Student ID Cards. Rules are posted in the game room and must be followed. Questions and concerns can be directed to the Rosehill Community Center staff at the front desk or 425.263.8180



youth

teens

# ADULT

## ENRICHMENT

### Adult CPR & AED

Students will learn how to respond to cardiac and breathing emergencies in adults, including how to perform cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AED). This course is good for individuals needing credentialed training for job regulatory requirements or for those who just want to learn how to save a life. This course will be accredited by the Emergency Care & Safety Institute (ECSI) and satisfies OSHA, WISHA, L&I, and other requirements for non-health care providers. Students who complete this course will receive a certificate that is valid for two years.

**Instructor:** Lighthouse First Aid Training

12yrs-up	Wednesday	Frost Rm	Min 5/Max 18
4503	6:00pm-9:00pm	Sept 23	\$46
4504	6:00pm-9:00pm	Oct 28	\$46
4505	6:00pm-9:00pm	Nov 18	\$46
4506	6:00pm-9:00pm	Dec 16	\$46
4507	6:00pm-9:00pm	Jan 27	\$46
4508	6:00pm-9:00pm	Feb 24	\$46
4509	6:00pm-9:00pm	Mar 23	\$46



### About Boating Safety (ABS)

The State of Washington passed a law in 2005 requiring a boater safety course in order to operate a boat in Washington State. The law applies to operators of motorboats with 15 horsepower or greater. The age requirements are, by 2013, 50 and younger. The U. S. Coast Guard Auxiliary Boating classes satisfy Washington State's mandatory education requirements for all boaters. Use this course certificate for your State of Washington Boater's card. Course includes: Introduction to Boating, Boating Law, Boat Safety Equipment, Safe Boating, Navigation, Boating Problems, Trailering, Storing and Protecting your Boat, Hunting and Fishing, Water skiing and River Boating. Time frame includes a lunch break.

**Instructor:** Coast Guard Auxiliary

14yrs*	Saturday	Art Rm**	Min5/Max 30
Note***	8:30am-5:00pm	September 5	\$25
Note***	8:30am-5:30pm	October 3	\$25
Note***	8:30am-5:30pm	February 6	\$25
Note***	8:30am-5:30pm	March 5	\$25
Note***	8:30am-5:30pm	April 2	\$25
Note***	8:30am-5:30pm	May 7	\$25

\* 10yrs-13yrs old must be with family member

\*\*\*To register: Call Angela Rifner 360.435.4833, or email rifangela@msn.com



### Fly Tying Class

The Evergreen Fly Fishing Club will be presenting a 12-week fly fishing class. This class will teach up to intermediate skills in fly tying. Novice tiers are welcome to join in. Each week you will be taught a proven fly pattern that works in the Pacific Northwest. You will also get tips on fly selection, including how and when to use the fly from twelve of the best fly tiers and fly fishers in our club. Instructors and seasoned tiers will sit alongside you and help you figure things out. Tying materials and hooks needed to tie 2 or 3 flies will be provided to students each week, along with written instructions for each fly.

**Instructor:** Evergreen Fly Fishing Club.

**Special Instructions:** You will need to bring your own fly tying vise and tools (bobbin, thread, scissors, hair stacker, head cement, etc.). We will email you a list of necessary items prior to the first class. The club will have a few vises and tool sets that could be used at the first session if you are just getting started and don't know or have what you'll need.

**Instructor:** Evergreen Fly Fishing Club

Adult	Wed	Art Rm	Min 12/Max 40
4464	6:30pm-8:30pm	Jan 6-Mar 23	\$60
4465	6:30pm-8:30pm	Jan 6-Mar 23	\$40*
4551	6:30pm-8:30pm	Jan 6-Mar 23	\$40*

\* (Member Price)

## Keep Kids Healthy

Healthy kids are happy kids. Essential oils can be used to help kids when illness strikes. Come learn how to be a healer in your own home using essential oils. See how essential oils are powerful enough to work, yet safe enough even for the smallest members of your family. Class fee includes a roller bottle and sample.

**Instructor:** Lydia Fitch

8yrs-Adult	Tuesday	Vancouver Rm	Min 4/Max 20
4620	September 29	7:00pm-8:00pm	\$20

## Lunch And Learn: Essential Oils in Cooking

Bring a sack lunch and your notebook! Come learn how essential oils can be used in cooking and baking. Experience the fresh taste these plant extracts provide. There will be samples to try and recipes!

**Instructor:** Lydia Fitch

8yrs-Adult	Wednesday	Kitchen	Min 4/Max 20
4621	October 7	11:30am-12:30am	\$25

## Rollerball Remedies Make and Take

The Rollerball Remedies Make & Take Workshop Kit is a great place to start in planning a basic introductory class. This workshop is great because it is interesting to those who are new to essential oils as well as to those who already use them. The rollerball blends are an awesome way to allow new users to try the oils because they are inexpensive, easy to apply, and simple to know how to use. The kit includes all the paper materials that you need to host the workshop and create the blends.

**Instructor:** Lydia Fitch

8yrs-Adult	Thursday	Vancouver Rm	Min 4/Max 20
4622	7:00pm-8:00pm	November 19	\$25

## Essential Oils 101 and Holiday Make and Take

What are essential oils? Explore how essential oils can help you take control of your health care at home. Attendees will make small gifts like heating pads, bath salts, and small trial kits.

**Instructor:** Lydia Fitch

8yrs-Adult	Saturday	Art Rm	Min 4/Max 20
4407	2:00pm-3:00pm	December 12	\$20



## Detox and Renew with Essential Oils

Come learn how to cleanse your body the proper way with essential oils. Start your new year healthy.

**Instructor:** Lydia Fitch

8yrs-Adult	Tuesday	Vancouver Rm	Min 4/Max 20
4625	7:00pm-8:00pm	January 12	\$20

## Mood Management with Essential Oils

Learn how essential oils can improve mood and feel the love in your life.

**Instructor:** Lydia Fitch

8yrs-Adult	Thursday	Vancouver Rm	Min 4/Max 20
4626	7:00pm-8:00pm	February 4	\$20

## Green Cleaning with Essential Oils

It might surprise you to know that you can make simple and inexpensive non-toxic cleaners from essential oils and ingredients already in your house. Ditch the rubber gloves and join us for an evening of green cleaning.

**Instructor:** Lydia Fitch

8yrs-Adult	Tuesday	Vancouver Rm	Min 4/Max 20
4632	7:00pm-8:00pm	March 1	\$20

# ADULT

## PERFORMING ARTS

### Mukilteo Community Orchestra

The Mukilteo Community Orchestra provides amateur adult musicians with an orchestral experience in a friendly, supportive atmosphere. We encourage people who have not played an instrument for a while to rekindle their joy of playing. The orchestra is open to intermediate and advanced strings, woodwinds, brass, and percussion. MCO members enjoy playing a variety of classical and other modes of music and sharing it through community performances (String bases especially needed). The Artistic Director defines the necessary balance of instrument and new members are accepted accordingly. A waiting list is maintained when there are more applicants of a specific instrument than meet the musical needs of the repertoire. For more information or questions contact Carol Johnson Caroljohans@gmail.com \*See page 10 for information on the free Community Orchestra Concert at the Rosehill Community Center.

**Age:** Adults  
**Day:** Tuesdays  
**Dates:** September 1-March 29  
**Time:** Rehearsal Time is 7:00-9:00pm  
**Location:** RHCC, Pt. Elliott Rm Stage  
**Fees:** Payable to MCO  
**Individual** \$20/mo. or \$180/yr.  
**Family (2 or more)** \$30/mo or \$270/yr.  
**Student** \$10/mo or \$90/yr.  
**Conductor:** Trevor Lutzenhiser

### Chamber Musicians Group

Come together and play classical music for fun! This class is designed to provide an opportunity for intermediate and advanced musicians to practice and possibly perform using small ensemble repertoire. Various ensembles will be formed from the available personnel of woodwind, brass, string, and piano students. These ensembles may include woodwind quintets, string quartets, and other various ensembles based on the repertoire and available players. Pianists may participate in chamber music based upon the availability of other instrumentalists to form piano-based ensembles.

**Instructor:** Linda Wooding

Adults	Tuesday	Pt. Elliott Rm Stage	Min 4/Max 20
5:00pm-6:00pm	September 1-March 29	Free	

\*To register: call Linda 425.353.2644

## COMPUTERS

### Introduction to Microsoft Excel 2013

In this Introduction to Microsoft Excel 2013, you will create and edit basic worksheets and workbooks. You will enter data, perform calculations, format the data, add charts and print.

Basic computer skills required. No Excel experience necessary. \$10 Supply fee paid directly to instructor

**Instructor:** Marilyn Langdon

18+ yrs	Mon/Wed	Frost Rm	Min 4/Max 6
4719	12:15pm-2:15pm	Oct 19-Nov 4	\$65

\*Basic computer skills required. No Excel experience necessary.

\*\*6 laptops are available for use, must be reserved in advance by calling 425.263.8186.

### Introduction to Microsoft Word 2013

This Introduction to Microsoft Word 2013 class is for those who are new to working with Word, as well as those looking for new tips and tricks and new features. In this class you will learn how to create, edit, format, add, lists, pictures, check spelling and print. \$10 Supply fee paid directly to instructor

**Instructor:** Marilyn Langdon

18+ yrs	Mon/Wed	Frost Rm	Min 4/Max 6
4718	9:30am-11:30am	Oct 19-Nov 4	\$65

\*Basic computer skills required. No Excel experience necessary.

\*\*6 laptops are available for use, must be reserved in advance by calling 425.263.8186.



# HEALTH & FITNESS

## New! Zumba®

Come and have a blast getting fit with ZUMBA®, a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements. It's a fun way to receive the benefits of aerobics, interval training, muscular endurance building and flexibility. Dress in your workout clothes, bring some water and a towel and let's have some fun!

**Instructor:** 2 Fun 4 Fitness, Lisa Reid

13yrs-Adult	Pt Elliott Rm		Min 10/Max 30
4513	5:15pm-6:15pm	Wed	Sept 2-Dec 16*
	10:00am-11:00am	Sun	Sept 6-Dec 27
4515	5:15pm-6:15pm	Wed	Jan 6-Mar 30
	10:00am-11:00am	Sun	Jan 3-Mar 20*

\$52/10-class punch card; \$7.00 drop-in

\*No class 11/11; no class 12/23, 12/30, 3/27

## Tai Chi & Qigong

Tai chi ranks among the best forms of exercise for maintaining all-around health and wellness. The benefits that it offers go beyond physical fitness, bringing mental and spiritual gains to those who practice this internal martial art. Tai chi involves flowing through a series of postures that are coordinated with deep breathing. While engaged in Tai chi's graceful and sequenced movements, the focused attention that is required can effectively absorb an individual into a meditative state Tai chi is sometimes referred to as "meditation in motion." Not sure this class is right for you? Try it once for \$15.

**Instructor:** Larry Fleming

16yrs-Adult	Wed	Christiansen Rm	Min 1/Max 12
4470	6:00pm-7:00pm	Sept 2-30	\$60**
4471	6:00pm-7:00pm	Oct 7-28	\$48**
4472	6:00pm-7:00pm	Nov 4-25*	\$36**

\*No class 11/11

4473	6:00pm-7:00pm	Dec 2-16	\$36**
4474	6:00pm-7:00pm	Jan 6-27	\$48**
4475	6:00pm-7:00pm	Feb 3-24	\$48**
4476	6:00pm-7:00pm	Mar 2-30	\$60**

\*\*Drop-in fee \$15

## Yoga for Every Body

Discover how the practice of yoga can effectively relieve mental and physical stress and cultivate a more peaceful mind. Beginners, as well as experienced students will benefit from postures that foster greater flexibility, strength, balance and breath awareness. Finish with a restorative relaxation. Please bring your own yoga mat.

**Instructor:** Christine Borys

16 yrs-Adult	Monday	Christiansen Rm	Min 6/Max 18
4428	6:30pm-7:30pm	Sept 14-Oct 12	\$45***
4429	6:30pm-7:30pm	Oct 19-Nov 16	\$45***
4430	6:30pm-7:30pm	Nov 23-Dec 14	\$36***
4435	6:30pm-7:30pm	Jan 4-Feb 8*	\$45***

\*No class 1/18

4466	6:30pm-7:30pm	Feb 22-Mar 28**	\$54***
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\*\*No class 2/15

\*\*\*Drop-in fee: \$10

## Candlelight Yoga

Learn to stay balanced and focused. Increase balance, flexibility and breathing. Enjoy treating yourself to loving kindness in a warm, friendly, safe environment. Bring a yoga mat, water bottle and small bath towel.

**Instructor:** Kay Wagner

18 yrs-Adult	Wed	Vancouver Rm	Min 4/Max 20
4693	6:00pm-7:15pm	Sept 9-Oct 14	\$54*
4694	6:00pm-7:15pm	Oct 21-Nov 18	\$36*
4695	6:00pm-7:15pm	Dec 2-Dec 16	\$27*
4696	6:00pm-7:15pm	Jan 6-Feb 10	\$54*
4697	6:00pm-7:15pm	Feb 17-Mar 30	\$63*

\*Drop-in fee \$14

## PiYo

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Instructor:** Melinda Webb

8yrs-Adult	Tuesday	Dance	Min 6/Max 25
XXXX	10:30am-11:30am	Sept 8-Oct 13	\$60
XXXX	10:30am-11:30am	Oct 20-Nov 24	\$60

adults

# ADULT

## HEALTH & FITNESS



Join us for heart pumpin' workouts that incinerate up to 800 calories per hour. You'll leave breathless, toned and ready for more. Fresh music and new moves keep you psyched to sweat. Instructors train every year to master the Jazzercise method which fuses cardio, resistance training, Pilates, yoga, kickboxing and the demanding forms of dance. You can expect to feel results after 3 classes of this total body workout. Our community of instructors and customers encourage, inspire and motivate each other to commit to our overall fitness and health. Participants will never miss a beat with step-by-step instruction and technique tips to ensure a safe and effective workout for all fitness levels. A variety of equipment is provided including weights, balls, and exercise tubes. Bring a water bottle and mat.

Age: 16yrs-Adult (if younger, call owner)

Date: Continuous classes

Location: Point Elliott Rm, Dance Rm\*

Instructors: Laurie Sweet, Danica Gonsalves, Mandy Jordan, Delia Kelly

Owner: Laurie Sweet 425.337.2893/425.327.8779, mukjazzercise@gmail.com

Fees:

EFT \$45/month, 12 month minimum, \$25 one-time joining fee, unlimited classes

EFT \$50/month, 6 month minimum, \$35 one-time joining fee, unlimited classes

Single Visit Pass, \$15

10-Class Pass, \$100 (with \$25 one-time joining fee)

One and two month options also available

Pricing questions? Contact Laure Sweet

### Jazzercise Schedule: September-March

M/T/W/TH/F 9:15am Jazzercise

T/TH 4:30pm Jazzercise

SAT 8:30am Jazzercise

Accepting Silver Sneaker members

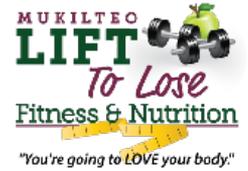


Like us on Facebook "Mukilteo Jazzercise"  
www.jazzercise.com

### Lift To Lose Fitness Conditioning Classes

**Instructor:** Catherine Bongiorno, Owner of Lift To Lose Fitness, Mukilteo. Personal trainer, group exercise instructor, nutritional/weight loss coach

Healthy Living columnist for The Mukilteo Beacon



### The Fat Burner

**First-time Lift To Lose Fitness enrollees take 50% off the class fee!\***

Serious about burning fat and incinerating calories? Not afraid to work up a solid sweat to make it happen? This is the class for you! 45 minutes of fun cardio movements and abdominal exercises that will leave you looking great and feeling even better. Light dumbbells, step benches and exercise balls are utilized for an exciting routine that pushes you (safely)out of your comfort zone.

**Instructor:** Catherine Bongiorno, Lift To Lose Fitness

18yrs-Adult	Mon/Wed	Dance Rm	Min 6/Max15
4647	6:00pm-6:45pm	Aug 31-Sept30	\$117**
4648	6:00pm-6:45pm	Oct 5-28	\$104**
4649	6:00pm-6:45pm	Nov 2-25	\$91**
4650	6:00pm-6:45pm	Dec 2-16	\$65**
*No class December 21-30			
4651	6:00pm-6:45pm	Jan 4-27	\$91**
*No Class Jan 18			
4652	6:00pm-6:45pm	Feb1-29	\$104**
*No class Feb 15			
4653	6:00pm-6:45pm	Mar 2-30	\$117*

\*Drop-in fee: \$15

### Lift To Lose Fitness Punch Card

Six (6) class punch card available. Good towards all Lift To Lose classes in a given month. Card expires at end of month in which it was purchased.

Cost: \$84.



\*Offer valid for Fall and Winter classes only. Limit one class series per person. Not valid with any other promotions/special offers. Not valid with personal training. Offer valid only for new clients. Other rules and restrictions may apply. For more details call 425.263.8180. Call instructor with questions concerning class content, Catherine Bongiorno@ 425.791.4488 or ww.lifttolose.com.

## Lift To Lose Continued

### Total Body Workout

**First-time Lift To Lose Fitness enrollees take 50% off the class fee!\***

Building muscle is key to burning fat and increasing metabolism, especially as we age. You will grow strong and lean with my Conditioning Series! Class runs for 45 minutes and combines strength-training with cardio drills. Get ready to work hard and have fun. All levels of fitness welcome.

**Instructor:** Catherine Bongiorno, Lift To Lose Fitness

18yrs-Adult	Tues/Thurs	Dance Rm	Min 6/Max15
4654	6:00pm-6:45pm	Sept 1-Sept 24	\$104**
4655	6:00pm-6:45pm	Oct 1-29	\$117**
4656	6:00pm-6:45pm	Nov 3-24	\$91**
*No class November 26			
4657	6:00pm-6:45pm	Dec 1-15	\$78**
*No class December 21-30			
4658	6:00pm-6:45pm	Jan 5-28	\$104**
4659	6:00pm-6:45pm	Feb 2-25	\$104**
4660	6:00pm-6:45pm	Mar 1-31	\$130*

\*Drop-in fee: \$15

### Body-Sculpting

**First-time Lift To Lose Fitness enrollees take 50% off the class fee!\***

Strength-training will change the shape of your body, increase metabolism and have you looking and feeling STRONG and fit. In this series, we work all the muscle groups of the body with dumbbells and resistance bands, benches and stability balls. You will love how you feel after completing this program! All levels of fitness welcome. Min 6/Max 15)

**Instructor:** Catherine Bongiorno, Lift To Lose Fitness

18yrs-Adult	Mon/Wed	Dance Rm	Min 6/Max15
4640	7:00pm-7:45pm	Aug 31-Sept30	\$117**
4641	7:00pm-7:45pm	Oct 5-28	\$104**
4642	7:00pm-7:45pm	Nov 2-25	\$91**
4643	7:00pm-7:45pm	Dec 2-16	\$65**
*No class December 21-30			
4644	7:00pm-7:45pm	Jan 4-27	\$91**
*No Class Jan 18			
4645	7:00pm-7:45pm	Feb 1-29	\$104**
*No class Feb 15			
4646	7:00pm-7:45pm	Mar 2-30	\$117*

\*Drop-in fee: \$15

## Personal Training

Group Exercise not your thing? Schedule a private personal training session to help you get started, change up your routine or keep you motivated. Training sessions are 45 minutes and include sales tax, equipment and an individualized workout plan. All personal training comes with a free, initial 30 minute session that includes body analysis, fitness assessments and goal-planning. A package of 12 sessions includes two home DVD workouts, per person. Choices include Boot Camp, Cardio Interval, Core/Cardio and Lower Body Lifting.

**18yrs-Adult Mon-Fri 9:30am-8:00pm \$55 per session**  
Call Catherine Bongiorno at 425.791.4488 to schedule your appt.



## Fitness Room Orientation

Work with a certified trainer who will show you how all the strength and cardio machines in the RHCC, Fitness Room can be used and adjusted. Go over proper technique to maximize results and minimize chance of injury. This 30 minute orientation will give you knowledge of each machine and the proper way to use it. Times are flexible so call to schedule your appointment today! Come ready to work out.

**Age:** 13+  
**Time:** Mon-Thur: 9:30am-7:00pm;  
Fri: 10:00am-6:00pm

**Fee:** \$17  
Call 425.791.4488 to make your appointment today!

# ADULT

## DANCE

### Rockin' Rosehill Dance Night

Learn simple steps to social dancing you need for weddings, anniversary parties, banquets and social events. Several dances will be covered with practice time using popular upbeat music. No partner necessary. Wear smooth or leather-soled shoes.

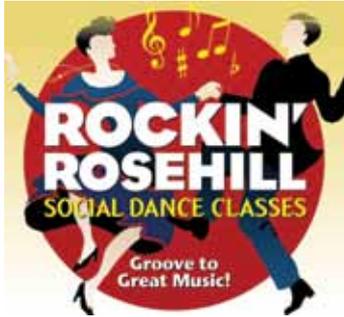
**Instructor:** Kirk Smith\*

12yrs-Adult	Wednesday	Point Elliott Rm	Min/Max
4572	6:30pm-8:30pm	Oct 14	\$18
4552	6:30pm-8:30pm	January 13	\$18

*Deadline for signup: Monday, January 11, 2016.*

#### \*Private Social Dance Lessons:

Would you feel more comfortable with individual lessons? Call Kirk Smith at 425.344.2581 to make an appointment.



## SPORTS



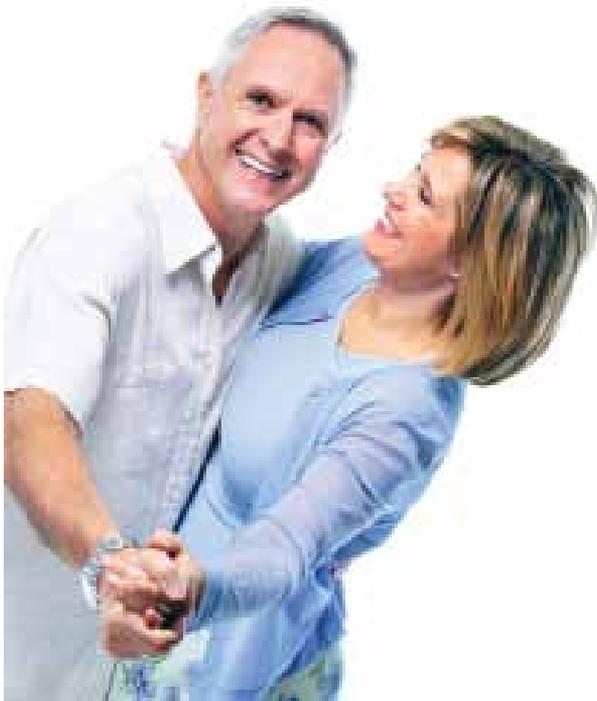
### Get to Golf : Beginning Golf for Women and Men

This class is suitable for women and men who have never played previously, have played for about a year or less, or are taking up golf after a long break. Learn simple technique and practical application in a non-intimidating and friendly learning environment with woman PGA Professional, Chris Aoki. Class is indoors using a simulator for direct video feedback. Virtual and accurate ball flight shows on the screen after every swing. We use circuit training and rotate stations so practice can take place during class. We provide golf clubs during class. Please wear athletic or golf shoes. Class limited to 6 students with two instructors.

**Instructor:** Chris Aoki Golf

**Location:** 11601 Harbour Pointe Blvd. Suite 140, Mukilteo

Adult	Thursday	Training Academy	Min 2/Max 8
4634	4:00pm-5:15pm	Sept 3-17	\$120
4635	4:00pm-5:15pm	Oct 1-15	\$120
4636	4:00pm-5:15pm	Nov 5-19	\$120
4637	4:00pm-5:15pm	Jan 7-21	\$120
4638	4:00pm-5:15pm	Feb 4-18	\$120
4639	4:00pm-5:15pm	Mar 3-17	\$120



# KARATE

## Older Youth & Adult Personal Safety and Protection

Learning self-defense helps you feel safe and confident in today's society. Kempo Karate is an excellent form of stress management and works on your overall physical conditioning. This unique blend of Chinese Shaolin traditions with street-proven innovative teaching methods brings a unique balance to today's hectic and demanding lifestyles. The adult Kempo program combines martial arts weapon techniques ranging from staff to ARNIS (Filipino Stick Fighting), with award-winning-scenario-based self-defense training to provide you with the most complete training available. This combination will enhance your reaction time to any threatening situation, even against multiple attackers. After training in Kempo, most people are able to see the issues developing long before they turn ugly and are able to know when to leave. The Universal Kempo-Karate system focuses on real life techniques to save your life, threat assessment, situational/observational psychology, overcoming extreme stress, anatomical targets and effects. Start-up fee to instructor: \$55 includes Universal Kempo-Karate Association membership, uniform, t-shirt, school patch & decal, student handbook, and first belt test (white belt). No proration allowed.

**Instructors:** Don and Cheri Wright

12yrs-Adults	Tues/Thurs	Fowler Rm	Min 5/Max 40
4445	7:15pm-8:15pm	Sept 1-29	\$50
4448	7:15pm-8:15pm	Oct 1-29	\$50
4451	7:15pm-8:15pm	Nov 3-24	\$50
4454	7:15pm-8:15pm	Dec 1-17	\$50
4457	7:15pm-8:15pm	Jan 5-28	\$50
4460	7:15pm-8:15pm	Feb 2-25	\$50
4463	7:15pm-8:15pm	Mar 1-31	\$50

### AVOID DISAPPOINTMENT!

All programs must meet a minimum enrollment requirement in order to be held. Classes will be cancelled 5 business days in advance, if they do not reach the minimum enrollment. Please register on time to be certain you get the class you want.

425.263.8180 or [www.activenet.active.com/cityofmukilteorec](http://www.activenet.active.com/cityofmukilteorec)

# CRAFTS & VISUAL ART

## Pumpkin Centerpiece – Make-n-Take-It

Come and carve an adorable sugar pumpkin and create an arrangement using fresh fall flowers. Bring a sharp knife for carving, a spoon for scooping and cleaning the pumpkin, and scissors. All other supplies provided. Grab a friend and have a fun evening out.

**Instructor:** Karen Hempel, Barbara's Floral

Adult	Thursday	Art Rm	Min 10/Max 20
4511	6:30pm-8:00pm	October 22	\$20



## Beginning Watercolor

You do not have to have any art experience to learn the magic of watercolor painting. This four week class will cover the basics: paper, brushes, paint, color, and water techniques while encouraging your own personal style in a comfortable and fun environment. Instructor is an exhibiting artist with teaching experience who loves to share the joy of this medium. Let's paint! Call 425.263.8180 for supply list.

**Instructor:** Vickie Davies

Adult	Wednesday	Art Rm	Min 4/Max 6
4545	6:45pm-8:15pm	Sept 2-30	\$162.50*
4546	6:45pm-8:15pm	Oct 7-28	\$130*
4547	6:45pm-8:15pm	Nov 4-25**	\$97.50*
Adult	Wednesday	Green Rm	Min 4/Max 6
4549	6:45pm-8:15pm	Jan 6-27**	\$130*
4561	6:45pm-8:15pm	Feb 3-24**	\$130*
4562	6:45pm-8:15pm	Mar 2-30	\$162.50*

\*Drop-in \$32.50

\*\*Class will be held on Thursday, 11/12 due to national holiday on Wednesday, 11/11.

\*\*January 13, February 3 in Fowler Room

# ADULT



## Asian Brush Painting

Asian Brush Painting started about 2000 years ago, and there are several distinctive styles. We will study the style emphasizing the fewest strokes to express the inner spirit called, 'Qi.' We will use freshly ground ink each session, and birds translate 'Qi' onto the rice paper with a brush charged with black ink. We will paint four Gentlemen: Bamboo, Orchid, Plum, and Chrysanthemum. You will find it satisfying to see your expressions transferred onto the paper, which reflects your thoughts and moods. Come and share the love of painting to explore the wonderful performing art from the Orient!

**Instructor:** Hyeh-Yeon (pronounced Yay-Yon) Hoffer

16yrs-Adult	Tues	Art Rm	Min 5/Max 12
4542	6:00pm-9:00pm	Sept 8-22	\$70
4543	6:00pm-9:00pm	Oct 13-27	\$70
4544	6:00pm-9:00pm	Nov 3-17	\$70
4627	6:00pm-9:00pm	Dec 1-15	\$70
4628	6:00pm-9:00pm	Jan 5-19	\$70
4629	6:00pm-9:00pm	Feb 9-23	\$70
4630	6:00pm-9:00pm	Mar 8-22	\$70

\*Drop-in fee \$25

## New! Create Customized Holiday Cards & Gift Tags

Join instructor, Julie Baker, to create custom holiday cards and gift tags using Gelli Plates to print as well as other mixed media techniques. What a great way to do something different and personalized this holiday season. Instructor will bring the supplies, but if you have a favorite copy of an image or something else you would enjoy using, please feel free to bring it.

**Instructor:** Julie Baker

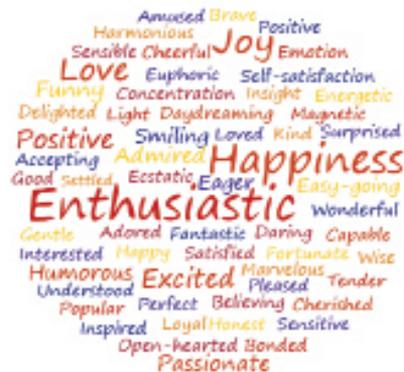
18yrs+	Saturday	Art Rm	Min 6/Max 15
4553	1:30pm-4:00pm	October 10	\$39
4554	1:30pm-4:00pm	November 7	\$39

## New! Create a "Live Your Words" Book

What do you value? Is it creativity, freedom, love of music, sense of humor, love of outdoors, integrity or honesty? Wouldn't it be fantastic if your life could reflect what you value? It can, with a little creative information gathering and planning. Whether it is choosing a college, a job, friends, relationships or workouts, identifying your values allows you to make choices that fit your life. In this class you will discover your values and use that information to collage an accordion book showcasing your vision. I'll bring the supplies. You just have to show up ready to experiment!

**Instructor:** Julie Baker

18yrs-Adult	Wednesday	Fowler Rm	Min 4/Max 15
4559	6:30pm-8:30pm	September 30	\$39
18yrs-Adult	Wednesday	Vancouver Rm	Min 4/Max 15
4560	6:30pm-8:30pm	January 27	\$39



## New! Creative Play: Helping You Find & Claim Your Creative Spark

Is your creative mojo buried under a mountain of laundry, under a pile of leaves or somewhere in your overflowing inbox? Are you wondering when it's your time to play and explore your artistic side? Maybe you "used to be creative" and are you wondering if you still are. If you want to add more play, joy and art to your life then take action today. This class is for you. Connect to your creative energy and find a few new friends in the process. We will experiment with a variety of art supplies, do a little journaling and sharing of ideas as we find & claim your creative spark. I'll bring the supplies. You just have to show up ready to experiment!

**Instructor:** Julie Baker

18yrs-Adult	Wednesdays	Art Rm	Min 4/Max 15
4667	9:30 am to 11:30 am	October 7	\$39
4614	9:30 am to 11:30 am	October 21	\$39

# SENIORS

## HEALTH AND FITNESS

First-time enrollees take 50% off class fee.\*

### Senior Balance and Strength

Designed to build muscle and bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility. The exercises in this class are proven safe and effective for managing osteoporosis and osteopenia. The class involves strength training and gentle cardio for a full body workout.

**Instructor:** Catherine Bongiorno, Lift To Lose Fitness,

Seniors	Wednesday	Dance Rm	Min 6/Max 12
4679	1:00pm-1:45pm	Sept 2-30	\$65*
4680	1:00pm-1:45pm	Oct 7-28	\$52*
4681	1:00pm-1:45pm	Nov 4-25	\$39**
4682	1:00pm-1:45pm	Dec 2-30	\$65*
4683	1:00pm-1:45pm	Jan 6-27	\$52*
4684	1:00pm-1:45pm	Feb 3-24	\$52*
4685	1:00pm-1:45pm	Mar 2-30	\$65*

\*\*No Class November 11

\*Drop-in fee: \$13



### Boomers'/Seniors' Yoga

First-time enrollees take 50% off class fee.\*

Develop balance, strength, flexibility and inner calm. Friendly. Simple. Safe. Bring a yoga mat, water bottle and small towel.

**Instructor:** Kay Wagner

Seniors	Tuesday	Vancouver Rm	Min 4/Max 12
4497	10:30am-11:30am	Sept 8-Oct 13	\$54*
4498	10:30am-11:30am	Oct 20-Nov 24	\$54*
4496	10:30am-11:30am	Dec 1-Dec 22	\$36*
4499	10:30am-11:30am	Jan 5-Feb 9	\$54*
4692	10:30am-11:30am	Feb 16-Mar 29	\$63*

\*Drop-in fee \$12

### Boomers'/Seniors' Strength Training

First-time enrollees take 50% off class fee.

Discover the "FUN" in functional fitness. This class includes strength training for all major muscle groups as well as incorporating agility, training, reaction time, balance drills, posture and more. Come enjoy age-appropriate music while joining your peers in a full-body workout. Learn how developing these skills will translate to a happier, healthier life. Must be able to get up and down from the floor independently. Bring a yoga mat, water bottle, and two 3lb or 5lb hand weights.

**Instructor:** Diane Meadows

Seniors	Thursday	Vancouver Rm.	Min 6/Max 15
4438	10:30am-11:30am	Sept 3-Oct 8	\$48*
4439	10:30am-11:30am	Oct 15-Nov 19	\$48*
4440	10:30am-11:30am	Dec 3-17	\$24*
4441	10:30am-11:30am	Jan 7-Feb 1	\$48*
4442	10:30am-11:30pm	Feb 18-Mar 31	\$56*

\*Drop-in fee \$11

### Seniors' Personal Training

Specializing in Boomers/Seniors!

Start looking and feeling better today with Kay Wagner LMP, NASM Certified personal trainer, Certified Yoga and pilates instructor.

*"Kay gives me an awesome workout targeted to exactly what I need."* CT, 52

*"When I started Personal Training with Kay I felt stiff, weak and had a lot of pain. Kay's bubbly attitude and encouragement makes training safe and fun. Now my neck, hip and shoulder pain is gone. I am strong and flexible, my balance is better."* RD 62, retired teacher.

**Fees:** Individual: \$65/hr or 8 sessions \$440  
Call Kay 425.353.4545 to schedule your apt.  
Learn more@www.kaywagnerwellness.com



# SENIORS



## AARP Smart Driver Class

New updated curriculum. The AARP Smart Driver course is the nation's first and largest refresher course designed specifically for older drivers. The AARP classroom courses have taught millions of drivers proven strategies so they can continue driving safely for as long as possible. This course provides research-based information to help you update your driving knowledge and skills. Students who complete this WA State approved course are issued a certificate which, when presented to their insurance company must receive a discount on their insurance company, as mandated by WA State laws. To register: 425.263.8180.

**Instructor:** Gordon Gudmundson

Adult/Senior	Tues/Wed	Frost Rm	Min 2/Max 20
4502	12:00pm-4:00pm	Sept 22 & 23	\$15/\$20**
4510	12:00pm-4:00pm	Nov 3 & 4	\$15/\$20**

\*\*\$15 AARP member/\$20 non-member, paid to instructor

## Defensive Driving

This ONE DAY classroom driver refresher course for seniors 55 and over is back at the Rosehill Community Center. Participants are given a discount by all auto insurers in the state of Washington. We make the class fun and interesting. Please bring a lunch and a snack. We look forward to seeing you. Call 425.263.8180 to reserve your spot! Pay instructor directly.

**Instructor:** Pat Ward

Adult	Wednesday	Frost Room	Min 2/Max 20
4581	9:00am-2:30pm	September 16	\$20
4582	9:00am-2:30pm	November 18	\$20
4583	9:00am-2:30pm	January 13	\$20
4584	9:00am-2:30pm	March 16	\$20

## New! Routine Foot Care

Trimming and filing toenails, reducing calluses and corns and thinning overly thick toenails if needed. Application of moisturizing lotion to promote circulation and lymphatic drainage. Maintain a chart on feet to monitor general health and to make recommendations to see podiatrist or primary care doctor if changes are noted.

**Instructor:** Michael Methe

Adult/Senior	Wednesday	Green Rm	Min 4/Max 8
4631	9:00am-3:00pm	Sep 2, 2015	\$39
4631	9:00am-3:00pm	Sep 16, 2015	\$39
4631	9:00am-3:00pm	Oct 7, 2015	\$39
4631	9:00am-3:00pm	Oct 21, 2015	\$39
4631	9:00am-3:00pm	Nov 4, 2015	\$39
4631	9:00am-3:00pm	Nov 18, 2015	\$39
4631	9:00am-3:00pm	Dec 9, 2015	\$39
4631	9:00am-3:00pm	Dec 23, 2015	\$39
4631	9:00am-3:00pm	Jan 6, 2016	\$39
4631	9:00am-3:00pm	Jan 20, 2016	\$39
4631	9:00am-3:00pm	Feb 3, 2016	\$39
4631	9:00am-3:00pm	Feb 17, 2016	\$39
4631	9:00am-3:00pm	Mar 2, 2016	\$39
4631	9:00am-3:00pm	Mar 16, 2016	\$39

Call to reserve your 45 minute session 425.263.8180  
Check payable to Mike Methe, Michaels Tender Foot Care at time of service

## Senior Lunch and Guest Speaker

The Mukilteo Senior Association meets once a month and features lunch and a guest speaker. The City of Mukilteo's Recreation Division co-sponsors the lunch. The fee is \$3 for Association members and \$4 for non-members. Bring your own potluck dish to share such as salad, veggies, casserole. Main dish and dessert will be provided. Pay senior association directly.

**Speakers:** TBD

**Time:** 11:00am-2:00pm

**Day:** Monday

**Dates:** September 21

October 19

November 16

December 21

January 25

February 22

March 21

**Location:** RHCC, Christiansen Rm

## Backyard Birds

Class objective is to enhance understanding of common birds and improve ability to identify them. Includes basics of anatomy, migration, reproduction, foods and foraging. Designed for adult beginning birders but children ages 12+ are welcome. "Also included will be how to provide a good backyard habitat for birds"

**Instructor:** Candy Brown

Adult/Senior	Tuesday	Frost Rm	Min 5/Max 25
4579	7:00pm-8:30pm	Sept 15	\$15
4580	7:00pm-8:30pm	Jan 22	\$15

## Water Birds

We will discuss several of the different kinds of ducks that live here as well as geese, gulls, blackbirds, herons and others. We will see the unique nests they make and how their babies are very different from those of songbirds.

**Instructor:** Candy Brown

Adult/Senior	Tuesday	Frost Rm	Min 5/Max 25
4599	7:00pm-8:30pm	Feb 11	\$15

## New! More Amazing Birds

Many beautiful birds visit our region at different times of the year. We will look at and discuss the habits of warblers, cedar waxwings, wrens, woodpeckers and others.

**Instructor:** Candy Brown

Adult/Senior	Tuesday	Frost Rm	Min 5/Max 25
4598	7:00pm-8:30pm	March 24	\$15

## Owls and Raptors

We will learn more about the interesting owls, hawks and eagles that live or visit here at different times of the year or all year long. We will hear the vocalizations they make, often from high in the air.

**Instructor:** Candy Brown

Adult/Senior	Friday	Frost Rm	Min 5/Max 25
4596	7:00pm-8:30pm	Oct 20	\$15

## Raise Your Own Mason Bees

Now is a great time to prepare to raise your own bees. These busy bees are easy to raise, gentle, fun to watch and prolific pollinators. Great for kids—they don't sting! Learn about the mason bee life cycle, the five mason bee essentials, how to build a bee box, bee pests, and tips for managing your colony year round.

**Instructor:** Todd Brown

10yrs-Adult	Thursday	Vancouver Rm	Min5/Max 23
4578	7:00pm-8:15pm	Sept 15	\$15
4597	7:00pm-8:15pm	Feb 10	\$15

## FREE! Beginning Genealogy 101: a Beginners Class on how to get started with your genealogy

Learn more about where your family came from or leave a gift for the next generation. A pedigree chart will be used to give a "hands on" start for beginners.

**Instructor:** Sno-Isle Geneological Society

Adult/Senior	Thursday	Art Rm	Min5/Max 25
4710	7:00pm-8:00pm	October 8	FREE!

## SOCIAL

### FREE! Informational Class – Mah Jongg

Learn the basics of Mah-Jongg. This is a Chinese tile game played similar to the card game "rummy" but with Chinese tiles. The goal of the game is to go out with a complete mah jongg hand before anyone else. Come and join us. Beginners are welcome.

**Day:** Tuesdays

**Dates:** September 1, 8, 15, 22, 29  
October 6, 13, 20, 27  
November 3, 10, 17, 24  
December 1, 8, 15, 22, 29  
January 5, 12, 19, 26  
February 2, 9, 16, 23  
March 1, 8, 15, 22, 29

**Time:** 12:00pm–4:00pm

**Fee:** FREE

**Location:** Christiansen Rm

### Mah Jongg

This is a Chinese tile game played similar to the card game "Rummy" but with Chinese tiles. The goal of the game is to go out with a complete mah-jongg hand before anyone else. Come and join us, beginners are welcome! Just try it and then try it again; you will figure it out! Bring a snack and/or beverage.

**Day:** Tuesdays

**Dates:** September 1, 8, 15, 22, 29  
October 6, 13, 20, 27  
November 3, 10, 17, 24  
December 1, 8, 15, 22, 29  
January 5, 12, 19, 26  
February 2, 9, 16, 23  
March 1, 8, 15, 22, 29

**Time:** 12:00pm–4:00pm

**Fee:** FREE

**Location:** Christiansen Rm

# SOCIAL

## FREE Snack and a Movie

Bring a lunch and we will supply the snacks/dessert! Come enjoy a great movie on our big screen T.V. Bring your friends and enjoy a great time at the movies!

Adult/Senior

**Day:** Wednesday

**Time:** Movie Starts at 12:00pm

**Fee:** FREE!

**Location:** Christiansen

**September 9** ***The Theory of Everything:*** Facing an earth-shattering diagnosis at 21 years of age, physicist Stephen Hawking and his devoted wife overcome unimaginable obstacles, breaking new ground in medicine and science. Best Actor Winner Eddie Redmayne Stars as Stephen Hawking.

**October 7** ***The Judge:*** Big city lawyer Hank Palmer returns to his childhood home where his estranged father, the town's judge, is the only suspect in a fatal hit and run case. Hank sets out to discover the truth and along the way reconnects with the family he walked away from years before.

**November 4** ***Unbroken:*** Olympian and war hero Louis "Louie" Zamperini, along with two other crewmen, survived in a raft for 47 days after a near-fatal plane crash in WWII, only to be caught by the Japanese navy and sent to a prisoner-of-war camp.

**December 9** ***National Lampoon's Vacation:*** The Griswold family's plans for a big family Christmas predictably turn into a big disaster.

**January 6** ***American Sniper:*** U.S. Navy SEAL Chris Kyle is sent to Iraq with only one mission: to protect his brothers-in-arms. His pinpoint accuracy saves countless lives on the battlefield and, as stories of his courageous exploits spread, he earns the nickname "Legend."

**February 3** ***Selma:*** In spring of 1965, a series of dramatic events changed the course of America and the modern concept of civil rights forever. Courageous marchers, led by Dr. Martin Luther King Jr., attempted three times to carry out a peaceful procession from Selma, Alabama to Montgomery, Alabama on a quest for the basic human right to vote.

**March 2** ***Where Hope Grows:*** A baseball player whose professional career was cut short due to his personal problems is suddenly awakened and invigorated by a young-man with Down syndrome who works at the local grocery store.

## Learn to Play Party Bridge

Party bridge is loads of fun. Each group of four plays four hands and the total score is noted on a small form with their name on it. The players then move to the next table and play with a new partner. No two players will be partners again. After about 7 to 9 sets, scores are totaled. The highest individual scores gets a small token prize. The amount of the prize depends on the number of players. We are very patient as everyone learns at a different pace. Some individual help is always available. Come learn to play this fun game. To sign up call the Recreation Department at 425.263.8180.

**Age:** Adult

**Day:** 2nd and 4th Monday

**Code: Date:**

**4479** Sept 14

**4480** Sept 28

**4481** Oct 12

**4482** Oct 26

**4483** Nov 9

**4484** Nov 23

**4485** Dec 14

**4486** Jan 11

**4487** Jan 25

**4488** Feb 8

**4489** Feb 22

**4490** Mar 14

**4491** Mar 28

**Time:** 9:00am-10:00am

**Fee:** Free

**Location:** Christiansen Rm



## Party Bridge

Come and join this friendly group to play Party Bridge. Brush up on your bridge skills with an opportunity to learn more as you play. Bring your own snack/lunch/beverage. Call Mamta Shah at 425.789.1106 to arrange for play time.

**Age:** Adult

**Day:** 2nd and 4th Monday

**Code:** 4477

**Dates:** September 14 & 28

October 12 & 26

November 9 & 23

December 14

January 11 & 25

February 8 & 22

March 14 & 28

**Time:** 10:00am-2:00pm

**Fee:** FREE

**Location:** Christensen Rm

## FREE! Quilt Making

Take the mystery out of quilt making! Do you need help making that special blanket or quilt? Stop by and ask some questions or bring your project to work on. We can help with cutting, laying out, construction and finishing how-to's. During this time, several of us have fun working on charity quilts that help local kids in need. If you are new at quilting, this is a great opportunity for you to help and learn at the same time. Or if you are experienced, we would love your help. Call Diane to register for this workshop 425.252.4524.

**Day:** Wednesdays

**Dates:** Sept. 30  
Oct. 28  
Nov. 18  
Dec. 30  
Jan. 27  
Feb. 24  
Mar. 30  
**Fee:** FREE  
**Time:** 10:00am-3:00pm  
**Location:** Christiansen Rm



## TRIPS

Programs brought to you by partnership between the Mukilteo Recreation Department and the Harbour Pointe Retirement Community

### FREE Casino Trip

Take a trip to the Tulalip casino. This is a short trip from Mukilteo. The casino is filled with exciting slots, tables, and restaurants. This is a great opportunity to have fun, meet new friends and have an exciting fun filled afternoon.

**Age:** Seniors

**Day:** Tuesday

**Codes: Dates:**

4585 Sept. 8

4586 Oct. 13

4587 Nov. 10

4588 Dec. 8

4589 Jan. 12

4590 Feb. 9

4591 March 8

**Time:** 10:00am-2:00pm

**Fee:** \$5, Call 425-263-8180 to reserve your spot.

**Location:** Harbour Pointe Retirement Center for pick-up

### Craven Farm Visit

Join Harbour Pointe Retirement as they visit Craven Farms Pumpkin Patch in Snohomish. Enjoy the scenery, pick a pumpkin, enjoy the fall colors and shop in the gift shop. Have fun with other seniors in an environment that celebrates the best of the fall season.

**Code:** 4592

**Age:** Seniors

**Day:** Friday

**Date:** October 9

**Time:** 1pm

**Fee:** Free, Donations Accepted. Call 425-263-8180 to reserve your spot.

**Location:** RHCC, Main Entrance for pickup

**Notes:** Must make reservations 4 days prior to drive. Bus leaves Rosehill at 12:50pm.

### Holiday Light Tour

Join Harbour Pointe Retirement as they tour local festive holiday lights. Listen to holiday music, socialize with other seniors and experience the beauty of the holiday season.

**Code:** 4595

**Age:** Seniors

**Day:** Friday

**Date:** December 18

**Time:** 6:15pm

**Fee:** Free, Donations Accepted. Call 425-263-8180 to reserve your spot.

**Location:** RHCC, Main Entrance for pickup

**Notes:** Must make reservations 4 days prior to drive. Bus leaves Rosehill at 6:00pm.

### Wight's Nursery Visit

Join Harbour Pointe Retirement as they visit Wight's Nursery to see the holiday decorations. View beautifully decorated holiday trees and pick up some decorations for yourself!

**Code:** 4593

**Age:** Seniors

**Day:** Friday

**Date:** October 2

**Time:** 1:00pm

**Fee:** Free, Donations Accepted. Call 425-263-8180 to reserve your spot.

**Code:** 4594

**Age:** Seniors

**Day:** Friday

**Date:** December 4

**Time:** 1:00pm

**Fee:** Free, Donations Accepted. Call 425-263-8180 to reserve your spot.

**Location:** RHCC, Main Entrance for pickup

**Notes:** Must make reservations 4 days prior to drive. Bus leaves Rosehill at 12:50pm.

# MUKILTEO PARKS AND PARK EVENTS

## Edgewater Beach

The City of Mukilteo in cooperation with the Port of Everett, Sound Transit and the City of Everett have established interim access to Edgewater Beach for pedestrians and bicyclist. Edgewater Beach provides access to the beach, and has benches, picnic tables and a parking lot.



## Mukilteo Historic Light Station

Operated by the Mukilteo Historical Society, tours of the lighthouse, inside exhibits and shopping in the gift shop are available from Noon until 5pm at the Mukilteo Light Station on Saturdays, Sundays, and most holidays from April-September.

### Pioneer of the Year Ceremony

3:00pm, Saturday, September 12, 2015

Lighthouse Grounds

### Santa at the Lighthouse

1:00-3:00pm, Saturday, December 12, 2015

Lighthouse Grounds

To request a special tour or ask about volunteer opportunities, call the Historical Society at 425.513.9602. To reserve the Lighthouse grounds for a wedding, call the Mukilteo Recreation Department at 425.263.8180. For more information about the Mukilteo Light Station, visit <http://mukilteohistorical.org> Regular meetings are held the second Thursday of each month except December at Rosehill Community Center.

## Mukilteo Community Garden

Our p-patch bed rentals, work parties and classes started in March and are going on now. If you want to give back to the community, like to garden, or want to learn, come join us in growing and harvesting our food bank beds, general garden care, conversation, and (sometimes wet) fun. 'Rain or shine' work parties are every Saturday at 9:00am plus Wednesday at 9:00am in harvest season. Free classes are held in the garden the third weekend of the month, Saturday at 9:00am and Sunday at 1:00pm with a wide range of topics to help you be successful in growing your own edibles—plant selection, soil care, crop rotation, pest/disease prevention, and many other seasonal gardening topics and local growing tips. Our website [www.mukilteogarden.org](http://www.mukilteogarden.org) has our calendar of events, including potlucks and gatherings open to the public. Garden access is the corner of 44th Avenue W and 76th St. SW in Mukilteo. Come join us!



## Tails and Trails Mukilteo Dog Park

The Mukilteo Tails and Trails Dog Park is located at 1301 Mukilteo Boulevard (off of 5th Street on the south side in Japanese Gulch). The park features an on-site parking lot and two fenced off-leash dog play areas, one dedicated for shy dogs. The park hours are from dawn until dusk, every day. The park rules are posted on the premises. Scoop laws remain in effect for this park.



Pioneer Cemetery



Totem Park

Centennial Park



92nd Street Park  
New Playground Equipment

Fowler Pear Tree Park



### 92nd Street Park

4800 92nd Street SW

Play equipment, restrooms, grass area, picnic tables, parking

### Centennial Park

1126 5th Street

Picnic table, park bench

### Elliott Pointe Park

945 Goat Trail Loop Road

Grass area, picnic tables, basketball half-court, street parking only

### Fowler Pear Tree Park

802 Mukilteo Lane

Park bench, picnic table

### Harbour Pointe Village Park

12215 Possession Way

Grass area, park bench

### Japanese Gulch/Big Gulch

South side of Mukilteo Lane just east of the old Mt. Baker railroad crossing. The Big Gulch Trail is located at 92nd Street Park and runs to the Mukilteo Library.

Big Gulch Trail can be accessed from either end.

### Lighthouse Park

609 Front Street

Lighthouse Station, picnic tables, picnic shelters, play equipment, grass area, parking, sand volleyball court, fire pits, boat launch, beach (no lifeguards)

### Mukilteo Community Beach

796 Front Street

Parking, beach access

### Mukilteo Tails and Trails Dog Park

1301 Mukilteo Boulevard (off of 5th Street on the south side in Japanese Gulch)

On-site parking lot and two fenced off-leash dog play areas, one dedicated for shy dogs. Park hours are from dawn until dusk, every day. Park rules posted on the premises. Scoop laws remain in effect for this park.

### Pioneer Cemetery

513 Webster Street

Great views & park benches

### Rosehill Community Center Park

304 Lincoln Ave

Grass area, parking, restroom in Rosehill Bldg.

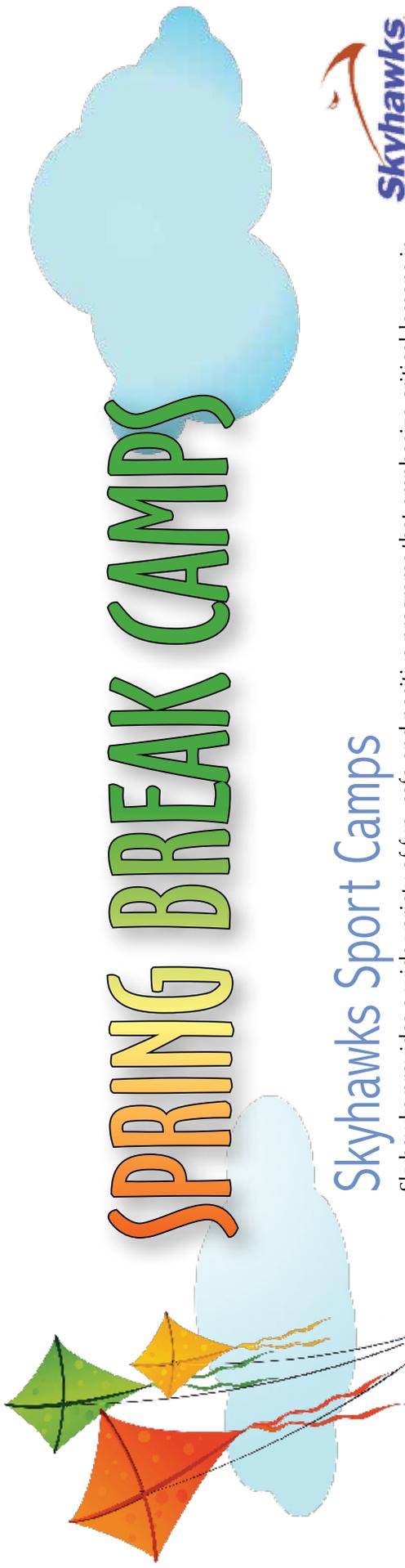
### Totem Park

700 2nd Street

Park bench, totem pole

### Picnic Shelter

Two picnic shelters, one small and one medium sized, are available to rent in Lighthouse Park one year in advance. Contact the Recreation and Cultural Arts Division office at 425.263.8180 for updated information.



# SPRING BREAK CAMPS



## Skyhawks Sport Camps

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Since 1979 Skyhawks has taught over one million boys and girls life lessons through sports. Please view our website at [www.skyhawks.com](http://www.skyhawks.com) for further information.

### Soccer

Developed over 30 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progression curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer. Participants should bring appropriate clothing, a lunch and snack or two snacks, a water bottle, shin guards, soccer or running shoes, and sunscreen.

Instructor: Skyhawks Coach

<b>6yrs-12yrs</b>	<b>Mon-Fri</b>	<b>Upper Lawn</b>	<b>Min 15/Max 28</b>
4707	9:00am-3:00pm	April 11-15	\$149

### Mini-Hawk

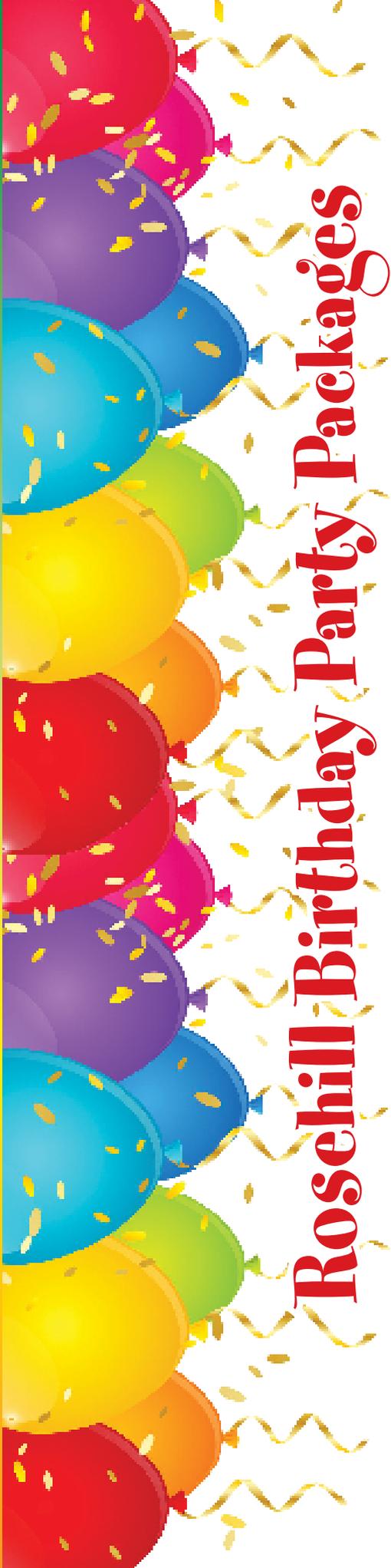
This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen. Instructor: Skyhawks Coach

<b>4yrs-7yrs</b>	<b>Mon-Fri</b>	<b>Upper Lawn</b>	<b>Min 8/Max 16</b>
4706	9:00am-12:00pm	April 11-15	\$125



## COMING SOON! Summer Camps

The Mukilteo Recreation Department will have a variety of summer camps starting the week after school is out! Look for the Spring/Summer Rec Guide in March with all the summer camp information! Camps will include: Skyhawks Sports, LEGO, Drama, Science and Art!



# Rosehill Birthday Party Packages

## Package 1

\$400 (Friday-Sunday)  
3 Hour Room Rental  
Party host for entire party  
Complete Room Set Up/Tear Down  
Pizza, Cake  
Soda, Milk or Juice- Two varieties  
Paper plates, napkins and flatware in Party Colors  
All Rosehill Packages may also use the Ping Pong table, foosball and Xbox, under adult supervision (open to public)  
Up to 20 Participants (additional participants, \$10 each)

## Package 2

\$500 (Friday-Sunday)  
Package 1 plus:  
Pizza or Sandwich Platter  
Cupcake decorating station, everything included  
Balloon Bouquet, In Party Colors  
Invitations- Customized to Party Theme  
All Rosehill Packages may also use the Ping Pong table, foosball and Xbox, under adult supervision (open to public)  
Up to 20 Participants (additional participants, \$10 each)

## Package 3

\$700 (Friday-Sunday)  
Package 1 & 2 plus:  
5 Hour Room Rental  
Chips or Veggie Platter  
Full Dessert Table- Cake and choice of 3 mini desserts/ custom display pieces (cupcakes, cake pops, cookies)  
Simple Floral Centerpieces for Guest Tables x3- in coordinating colors  
All Rosehill Packages may also use the Ping Pong table, foosball and Xbox, under adult supervision (open to public)  
Up to 20 Participants (additional participants, \$10 each)

**A la  
carte**

**Photo-booth:**  
Otto-Matic Events  
\$200 for 1 hr.  
\$100 for each additional hour  
\$50 Photo Props

**Princess Appearance's:**  
<http://www.enchantingprincessesevents.com/>  
\$120 30 min  
\$180 60 min

**Décor Rentals & Full Event  
Planning Packages:**  
<http://www.eventfulmomentsllc.com/>

**Call 425.263.8180 for more information.**